



# Resource Family Connection

News, Events, and Information Benefiting  
the Children of Waukesha County  
July and August, 2021



## Supporting Maltreated Children: Countering the Effects of Neglect and Abuse

By: Bruce D. Perry, M.D., Ph.D. (via [nacac.org](http://nacac.org))

The most important property of humankind is the capacity to form and maintain relationships. These relationships are absolutely necessary for any of us to survive, learn, work, love, and procreate.

The ability and desire to form emotional relationships is related to the organization and functioning of specific parts of the human brain - systems that develop during infancy and the first years of life. Experiences during this early vulnerable period affect a child's core attachment capabilities. A child's ability to feel empathy, be caring, inhibit aggression, love, and acquire other characteristics typical of a healthy, happy, and productive person are tied to the child's care at the beginning of life.

### How Early Neglect and Abuse Affect Attachment

Impaired childhood bonding affects people differently. Severe emotional neglect in early childhood can have devastating consequences. Children without touch, stimulation, and nurturing can literally lose the capacity to form meaningful relationships. Fortunately, most children do not suffer this degree of neglect, but millions do experience some degree of impaired bonding and attachment during early childhood. Resulting problems can range from mild interpersonal discomfort to profound social and emotional problems. In general, the level of impairment is related to how early in life the emotional neglect began as well as its severity and duration.

With help, neglected children can learn to navigate normal relationships. Clinical experiences and a number of studies suggest, though, that the path to improvement is a long, difficult, and frustrating process for families and children.

### How Abuse Affects Brain Development

During childhood, the human brain matures and brain-related capabilities develop in a sequential fashion. With optimal experiences, the brain develops healthy, flexible, and diverse capabilities.

Disruptions in the timing, intensity, quality, or quantity of normal development, however, can adversely affect neurodevelopment and function. Traumatic experiences trigger a stage of fear-related activation in abused and neglected children's brains. Chronic activation of the adaptive fear response can cause a persistent fear state that in turn causes hyper-vigilance, increased muscle tone, a focus on threat-related cues, anxiety, and behavioral impulsivity. These attributes are helpful during a threatening event but counter-productive when the threat has passed.

The very process of proper adaptive neural response during a threat underlies the neural pathology that causes so much distress and pain through the child's life. The chronically traumatized child will develop a host of physical signs (altered cardiovascular regulation) and symptoms (attention, sleep, and mood problems) that make life more difficult.

There is hope. The brain is very plastic and can change in response to experiences, especially those that are repetitive and patterned.

### Specific Problems in Maltreated Children with Attachment Problems

Specific problems vary depending upon the nature, intensity, duration, and timing of neglect and abuse. Some children will have profound and obvious problems; others will have very subtle problems that do not seem to relate to early life neglect. Below are some clues that experienced clinicians consider when working with maltreated children.

- ✧ **Developmental Delays:** The bond between a young child and her caregivers provides the major vehicle for physical, emotional, and cognitive development. Lack of consistent and enriched experiences in early childhood can cause delays in motor, language, social, and cognitive development.
- ✧ **Eating:** Odd eating behaviors are common, especially in children with severe neglect and attachment problems. They will hoard and hide food, or eat as if the food will disappear any moment. They may fail to thrive, ruminate (throw up food), and have swallowing problems.
- ✧ **Soothing Behavior:** These children may use primitive and bizarre soothing behaviors, especially when stressed. They may bang their heads, rock, chant, scratch, or bite/cut themselves.
- ✧ **Emotional Functioning:** A range of emotional issues - including depression and anxiety - is common in maltreated children. Another common trait is "indiscriminate attachment," affectionate behaviors with relatively unknown people to secure safety rather than develop an emotional bond.
- ✧ **Inappropriate Modeling:** Children model adult behavior. Maltreated children who learn that abuse behavior is the "right" way to interact with others have problems in social situations. Children who have been sexually abused are at-risk for being further victimized or perpetrating on younger children.
- ✧ **Aggression:** Childhood aggression and cruelty often result from a lack of empathy and poor impulse control. These children really do not understand or feel what it is like for others when they do or say something hurtful.

### Helping Maltreated Children

Responsive adults - parents, teachers, and other caregivers - make all the difference for children. They can:

**Nurture these children.** They need to be held, rocked, and cuddled. But be aware that, for many children, touch has been associated with pain, torture, or sexual abuse. Observe how your child responds to nurturing and act accordingly. In many ways, you are providing experiences that should have taken place during infancy.

**Try to understand the behaviors before punishing.** The more you can learn about attachment problems, bonding, and development, the more you will be able to develop useful interventions. If your child hoards food, for example, do not accuse him of stealing. A punitive approach may increase the child's sense of insecurity and need to hoard food.

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**Interact with children at their emotional age.** Abused and neglected children are often emotionally and socially delayed. When they are frustrated or fearful, they will regress, and as much as you want the children to “act their age,” they simply cannot. Interact at their emotional level. If they are tearful, frustrated, or overwhelmed (emotionally age two), use soothing non-verbal interactions. Hold them. Rock them. Sing quietly.

**Be consistent, predictable, and repetitive.** Maltreated children with attachment problems are very sensitive to new situations. Social events (parties, sleepovers, trips) can overwhelm them, even if they are pleasant. Efforts to make life consistent, predictable, and repetitive are very important. When children feel safe, they can benefit from the nurturing and enriching experiences you provide.

**Model and teach appropriate social behaviors.** Many abused and neglected children do not know how to interact with others. To teach them, model behaviors and narrate for the child what you are doing and why: “I am going to sink to wash my hands before dinner because...” or “I take the soap and put it on my hands like this...”

You can even coach maltreated children as they play with other children. Use play-by-play: “Well, when you take that from someone, they probably feel pretty upset; so if you want them to have fun when you play this game, then you should try...” Over time, success with other children will make the child less socially awkward and aggressive.

Maltreated children can have problems modulating physical contact. They don’t know when to hug, how close to stand, when to make/break eye contact, or at what times they can wipe their nose, touch their genitals, or do grooming tasks. Do not lecture the child about “appropriate behavior;” gently suggest how she can interact differently with adults and children (“Why don’t you sit over here?”). Make lessons clear using as few words as possible, and explain in a way that will not make the child feel bad or guilty.

**Listen to and talk with children.** Whenever you can, sit, listen, and play with your children. When you are quiet and interactive with them, they often will begin to show and tell you what is really inside them. Practice this - slow down, quit worrying about the next task, and really relax into the moment with a child.

At these moments, teach children about their feelings. Use these principles: (1) All feelings (sad, glad, mad, etc.) are okay to feel; (2) Children should know healthy ways to act when sad, glad, or mad; (3) Other people feel and show feelings - “How do you think Bobby feels when you push him?” (4) When you sense that a child is clearly happy, sad, or mad, ask them how they are feeling.

**Have realistic expectations.** Abused and neglected children have a lot to overcome. We cannot predict potential, but we do know how to measure a child’s emotional, behavioral, social, and physical strengths and weaknesses. Skilled clinicians can help to define a child’s skill areas and areas where progress will be slower.

**Be patient with the child’s progress and with yourself.** Progress will be slow and frustrating. Many adults, especially adoptive parents, will feel inadequate because all the love, time, and effort they exert on their child’s behalf may not seem to work. But it does. It just takes time.

**Take care of yourself.** Caring for maltreated children can be exhausting and demoralizing. Adults cannot provide the consistent, predictable, enriching, and nurturing care these children need if they are depleted; they must get rest and support. Respite care can be crucial for parents, who should also rely on friends, family, and community resources.

**Investigate other resources.** Many communities have support groups for adoptive or foster families. Professionals who specialize in attachment problems can also help. Remember, the earlier and more aggressive the interventions, the better children will be able to heal and thrive.

## Meet The Foster Care Team Jennifer Mantei



Jennifer Mantei began her social work career in Waukesha County back in 2001 and has since worked in different areas of child welfare. She was lucky to learn from some of the best social workers during a college internship with Waukesha County. Jennifer is a proud Waukesha County supporter, as an employee and as a resident.

Jennifer initially joined the foster care team as a caregiver support worker to help providers sustain placements. Jennifer loved being a support and advocate for these providers. In 2020, Jennifer began working closely with relative caregivers to process court ordered kinship care and license their homes. In 2021, Jennifer began working with general providers to relicense their foster homes. When not working within the foster care program, Jennifer also oversees the certified childcare program. These regulated providers run a small childcare program out of their home. Jennifer has worked with these early education providers since 2009 and loves visiting the children in their care. Jennifer became a social worker to help children and truly enjoys getting to know families on a deeper level. It is so rewarding to know that a child is welcomed into a home, is included, and is loved by a provider with no questions asked. There is nothing better than to see a child grow, develop and safely return home. Jennifer recognizes it takes time, talent and dedication from foster care providers for this magic to occur. Jennifer proudly promotes the foster care program and loves working with her team of co-workers.

During nonwork days you can find Jennifer watching her children play sports, walking her dog or simply sending time with her family members. Jennifer is excited to be a part of the foster care team.

## Outdoor Movies

### Delafield

*When:* Saturday, July 17, 2021

*Time:* 8:00 - 11:00 p.m.

*Location:* Delafield Library, 500 Genesee St, Delafield

*Pricing:* Free, but RSVPs required

*For additional information:* <https://www.delafieldlibrary.org/event-directory/>

### Oconomowoc

*When:* Thursdays, July 8, August 12, 2021

*Time:* 6:00 p.m.

*Location:* Fowler Park, Oconomowoc

*Pricing:* Free, but non-perishable food donation appreciated

*For additional information:* <https://www.moonlitmovies.org>

### Waukesha

*When:* Mondays, July 19, August 16, 2021

*Time:* Pre-movie activities from 6:00 - 7:00 p.m.; Movie starts at 7:15 p.m.

*Location:* Cutler Park, 321 Wisconsin Ave, Waukesha

*Pricing:* Unknown

*For additional information:* <https://waukesha-wi.gov/1521/Monday-Night-Movies>

## Waukesha County Foster Care Is On The Move!

We are taking our show on the road! Waukesha County Foster Care will have a booth at the following events in July and August!

### Hartland Kids Day

*When:* July 28, 2021

*For additional information:* <https://lakecountryfamilyfun.com/hartland-kids-day/>

### Waukesha Farmers' Market

*When:* July 31, August 28, 2021

*For additional information:* <http://www.waukeshafarmersmarket.com/>



## Independence Day Activities and Fireworks

### Brookfield, City

*When:* July 3, 2021

*Parade:* 10:00 a.m. on Calhoun

*Family Fest:* 6:00 p.m. - 9:00 p.m. at Mitchell Park

*Fireworks:* 9:15 p.m. at Mitchell Park

*For additional information:* <https://www.ci.brookfield.wi.us/725/Independence-Day-Activities>

### Delafield

*When:* July 3, 2021

*Fireworks:* 9:30 p.m. at St. John's Military Academy Island

*For additional information:* <https://www.facebook.com/Nagawicka-Lake-Fireworks-in-Delafield-123704204336069/>

### Elm Grove

*When:* July 4, 2021

*Family Fest:* 8:30 a.m. - 10:30 p.m. at Village Park

*Fireworks:* 9:30 p.m. at Village Park

*For additional information:* <https://www.elmgrovetwi.org/Calendar.aspx?EID=3891>

### New Berlin, City

*When:* July 2 - July 4, 2021

*Family Festival:* July 2, 5:00 p.m. - 11:00 p.m.; July 3, 12:00 p.m. - 11:00 p.m.; July 4, 9:00 a.m. - 11:00 p.m.

*Mini Parade:* July 4, 9:30 a.m.

*Main Parade:* July 4, 1:00 p.m.

*Fireworks:* July 4, 10:00 p.m. at Malone Park

*For additional information:* <https://www.newberlin.org/671/4th-of-July-Festival>

### Oconomowoc, City

*When:* July 3, 2021

*Parade:* 5:00 p.m., from Roosevelt Park through downtown

Oconomowoc to Fowler Park

*Fireworks:* Dusk (around 9:30 p.m.) at Fowler Lake

*For additional information:*

*Parade:* <https://lakecountryfamilyfun.com/event/oconomowoc-4th-of-july-parade/>

*Fireworks:* <https://lakecountryfamilyfun.com/event/city-oconomowoc-4th-july-fireworks/>

### Okauchee Lake

*When:* July 4

*Fireworks:* Dusk at Park Island

*For additional information:* <http://www.okaucheeLakefireworks.com/>

### Sussex

*When:* July 4, 2021

*Kiddie Parade:* 9:15 a.m. - 10:15 a.m. at Sussex Civic Center

*Fireworks:* 9:20 p.m. at Sussex Village Park

*For additional information:*

*Parade:* <https://stayhappening.com/e/july-4th-kiddie-parade-E2ISTLJ0COA>

*Fireworks:* <https://lakecountryfamilyfun.com/event/sussex-wi-fireworks/>

### Waukesha, City

*When:* July 4, 2021

*Parade:* 11:00 a.m. - 12:30 p.m. at Cutler Park

*Fireworks:* 9:30 p.m. at Waukesha County Expo Center

*For additional information:*

*Parade:* <https://lakecountryfamilyfun.com/event/waukesha-4th-july-parade-2/>

*Fireworks:* <https://lakecountryfamilyfun.com/event/waukesha-july-4th-fireworks>

## Summer Festivals

### Brookfield - Dominic Days

Dominic Days Festival is 4 fun-filled days for the whole family!

Awesome entertainment all weekend! Midway rides and games for kids of all ages. Nightly dinner specials and grilled foods.

*Date:* July 15 - July 18, 2021

*Times:* Varies each day

*Location:* St. Dominic Catholic Parish, 18255 W. Capitol Dr, Brookfield

*For additional information:* <https://stdominic.net/welcome/dominic-days/>

### Hartland - Hartland Kids Day

Fun for the whole family! Children's games, activities, bounce house, rock wall, food, and more!

*Date:* July 28, 2021

*Time:* 9:00 a.m. - 2:00 p.m.

*Location:* Nixon Park, 339 Maple Ave, Hartland

*For additional information:* <https://lakecountryfamilyfun.com/hartland-kids-day/>

### Sussex - Sussex Lion's Daze

Lion's Daze has an array of activities such as carnival rides, live music, fireworks, parade, tractor pulls, beer tents, softball tournaments, pony rides, balloon sculpting, refreshments, and food!

*Date:* July 9 - 11, 2021

*Time:* Varies each day

*Location:* Sussex Village Park, W244N6125 Weaver Dr, Sussex

*For additional information:* <https://www.sussexlions.org/lionsdaze>

### Waukesha - Pila's Family Fun Fest

Enjoy free admission, live music, food, bounce house, giant slide, games, door prizes, visit with our resident animals, exclusive festival -only plant specials, and more!

*Date:* July 24 - 25, 2021

*Time:* Varies each day

*Location:* S39W27833 Genesee Rd, Waukesha

*For additional information:* <https://pialasnursery.com/events/>

## Outdoor Pools

### Brookfield - Wiberg Aquatic Center

Waterslides, diving boards, spray features, sand play area, concessions, and more.

*Location:* Wirth Park, 2585 N. Pilgrim Rd, Brookfield

*For additional information:* <https://www.ci.brookfield.wi.us/109/Wiberg-Aquatic-Center>

### Elm Grove - Village of Elm Grove Pool

The Village of Elm Grove pool has two diving boards, 25-meter lap lanes, a shallow end, splash pad, and a concession stand.

*Location:* 13600 Juneau Blvd, Elm Grove

*For additional information:* <https://elmgrovetwi.org/599/Aquatics>

### Waukesha - Buchner Park Community Room and Pool

The new Buchner Park Pool features include a 50-meter lap pool with diving well, wading pool, water slides, current channel (lazy river), and concession stand.

*Location:* 223 Oakland Ave, Waukesha

*For additional information:* <https://waukesha-wi.gov/508/Hours-Fees>

### Waukesha - Horeb Springs Aquatic Center

Features lap pool, wading pool, and water slides.

*Location:* 330 Spring St, Waukesha

*For additional information:* <https://waukesha-wi.gov/508/Hours-Fees>

## Library Information

### CAFÉ Libraries App

Connect to your library with the new CAFÉ app! Using your library just got easier. Search for materials, place holds, check your due dates, and more right from your device!

### Waukesha Public Library Activities

For information on available programs and activities at the Waukesha Public Library, visit: <https://waukeshapubliclibrary.evanced.info/signup/calendar>





# Additional Training and Events



Due to COVID-19 and social distancing, we currently are not having any in-person trainings or informational sessions. A survey will be distributed at a later time regarding in-person trainings.

## Kinnect Virtual Support Group

Join us for this opportunity to connect with other caregivers and grandparents as a way to share the joys and challenges of being a relative caregiver.

### Morning Group

4th Thursday of each month

Date: July 29 (5th Thursday), August 26 2021

Time: 11:00 a.m. - 12:00 p.m.

To Register: <https://www.eventbrite.com/e/virtual-group-kinnect-relative-caregivers-of-children-morning-tickets-114153498186>

### Evening Group:

3rd Wednesday of each month

Date: July 21, August 18, 2021

Time: 6:00 p.m. - 7:00 p.m.

To Register: <https://www.eventbrite.com/e/virtual-group-kinnect-relative-caregivers-of-children-evening-tickets-132317728889>

## Waukesha County Foster Parent Information Sessions

Open to Waukesha County residents interested in learning more about foster care in our community. Also required for any new foster parents. The information sessions will be held virtually using Microsoft Teams.

### 2nd Wednesday of each month

Date: July 14, August 11, September 8, October 13, November 10

Time: 6:00 p.m. - 7:00 p.m.

### 4th Thursday of each month

Date: July 22, August 26, September 23, October 28

Time: 12:00 p.m. - 1:00 p.m.

To Register: Email Rhonda Klinger

([rklinger@waukeshacounty.gov](mailto:rklinger@waukeshacounty.gov)). Please include your full name, email, and the information session that you plan to attend.



## NAMI Family Support Group (Virtual)

For family members and those with a loved one impacted by mental health conditions.

When: 3rd Tuesday of each month ~OR~ 1st and 3rd Wednesday of each month

Time: 6:30 p.m. - 8:30 p.m.

For more information or to register, please contact

Denise: 262-409-2743 or

[denise@namiwaukesha.org](mailto:denise@namiwaukesha.org).

## NAMI Parent Peer Support Group (Virtual Until Further Notice)

For parents and caregivers who have a child under the age of 18 who is affected by a mental health condition and/or emotional difficulties. Gain insight from the successes of others facing similar experiences.

When: 1st and 3rd Wednesday of each month

Time: 6:30 p.m. - 8:30 p.m.

For more information or to register, please contact

Denise: 262-409-2743 or

[denise@namiwaukesha.org](mailto:denise@namiwaukesha.org).

## Trauma-Informed Parenting Support

Adoptive, Kinship, and Guardianship parents and caregivers: Please join us for a trauma-informed virtual support group just for you! This group is especially for caregivers who are:

- Parenting youth with trauma histories
- Parenting youth with emotional or behavioral challenges and/or diagnoses such as RAD, DMDD, and ODD.

When: 3rd Monday of each month

Date: July 19, August 16, 2021

Time: 12:00 p.m. - 1:00 p.m.

To Register: <https://www.eventbrite.com/e/virtual-group-trauma-informed-parenting-tickets-144093743265?aff=ebdsoporgprofile>

## Virtual Sibling Support Group

This support group is for any sibling, age 12-16, who is part of an adoptive, guardianship, or foster family, and is struggling to find a positive outlet regarding their feelings on family life. Join to socially connect and discuss topics related to challenges that arise in adoptive/foster/guardianship family dynamics.

Date: June 13 - Dealing with Family Drama

August 25 - Focusing on Identity

Time: 7:00 p.m.

For more information or to register: <https://www.eventbrite.com/e/virtual-group-sibling-support-group-tickets-151676764285?aff=ebdsoporgprofile>

## Contact Numbers:

### Foster Care Social Workers:

Waukesha County Health & Human Services  
262-548-7212

Michelle Lim, Foster Care Supervisor  
262-970-4761

Cassie BeLow ..... 262-896-8574

Rhonda Klinger ..... 262-548-7240

Jennifer Mantei ..... 262-548-7250

Libby Sinclair ..... 262-548-7277

Hilary Smith ..... 262-548-7254

### Case Management Social Workers:

Angie Sadler, Ongoing Social Work Supervisor  
262-548-7272

Eric Calvino, Ongoing Social Work Supervisor  
262-548-7271

Eve Altizer, Ongoing Social Work Supervisor  
262-548-7267

Nicole Allende ..... 262-548-7265

Jamie Carter ..... 262-548-7264

Kimberly Dudzik ..... 262-548-7347

Stephanie Engle ..... 262-548-7424

Megan Fishler ..... 262-896-8570

Abbey Girman ..... 262-548-7695

Sharon Godwin ..... 262-548-7684

Laura Jahnke ..... 262-548-7359

Alyssa Jones ..... 262-548-7239

Jessica Larsen ..... 262-548-7346

Maria Maurer ..... 262-548-7345

Rachel O'Sullivan ..... 262-548-7639

Johanna Ploeger ..... 262-896-6857

Elizabeth Russo ..... 262-548-7349

Kim Sampson ..... 262-548-7273

Linda Senger ..... 262-548-7698

Brittany Sutton ..... 262-548-7262

Children's Mental Health Outreach  
262-548-7666

Medical Emergency: 911

Family Emergency: 211 or 262-547-3388

If an Allegation of Abuse or Neglect has been made against you, please call:

FASPP  
Norma Schoenberg  
920-922-9627

## Craft Time!

### Starfish Salt Dough Garland By: [blog.chickabug.com](http://blog.chickabug.com)

#### What You'll Need:

- Salt Dough (Mix 2 cups all-purpose flour, 1 cup salt, and 3/4 to 1 cup water)
- Jute or Heavy Twine
- Toothpicks
- Acrylic Sealant



#### What You'll Do:

1. Take a chunk of the dough and roll it into a ball. On a lightly floured surface (to prevent sticking), use hands to flatten ball.
2. Once you have your circle of dough, use a toothpick to press marks into the dough where the arms of the starfish will be.
3. Remove dough between markings and use hands to round and

shape the starfish form.

4. Use toothpick to make long indentation in center of each leg and to poke small holes up and down arms of starfish.
5. Poke a hole in top of starfish.
6. Let dry, either by allowing to air dry, or by baking in a 200-degree oven for several hours until hardened.
7. Once dried and cooled, apply coat of acrylic sealant.
8. Tie small loop through hole at top of starfish with jute so the starfish will hang flat when suspended.
9. String starfish on strand of jute to make garland.

